

The Great Taste of Broccoli

Broccoli Salad

Ingredients:

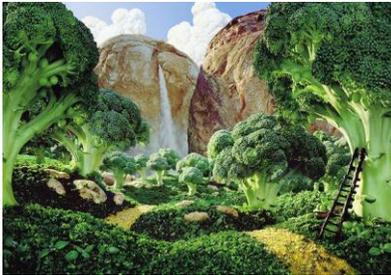
- 5 cups fresh broccoli florets
- 1/2 cup raisins
- 1/2 cup sunflower seeds
- 1/2 cup cooked, crumbled bacon
- 1/4 cup of red onion, chopped
- 1 cup of frozen peas, thawed

Dressing:

- 1 cup mayonnaise
- 2 tablespoons vinegar
- 1/2 cup sugar

Directions:

Combine broccoli florets, raisins, sunflower seeds, crumbled bacon, chopped onion, and peas in a large serving bowl. In a separate bowl or large cup, whisk together mayonnaise, vinegar and sugar. Add dressing to the salad and toss to mix well; chill thoroughly before serving.



Other Great Broccoli Recipes

Broccoli Ramen

Salad <http://southernfood.about.com/od/broccolisaladrecipes/r/bl30628s.htm>

Broccoli Delight Rice Casserole

<http://southernfood.about.com/od/broccolicasserolerecipes/r/bl51023g.htm>

Easy Broccoli Quiche

<http://allrecipes.com/Recipe/Easy-Broccoli-Quiche/Detail.aspx>

How to Steam Broccoli

Preparation

1. Wash the broccoli thoroughly under cool running water.
2. Cut off the thickest portion of the stalks, removing the fibrous, woody bases.
3. Either chop the broccoli into bite-sized pieces or cut it into thin stalks with florets at the top so it looks like a group of small trees.

Stovetop steaming

Use either a folding metal steaming basket, a hard pan-insert designed for steaming or a steaming basket made of wood. Make sure to use a pan that has a tightly fitting lid.

1. Fill the base of the pan with water level to the steamer, but does not rise up into the steamer.
2. Set the stove burner to high.
3. Once the water is boiling, place the broccoli loosely in the steamer and cover the pan.
4. Allow the broccoli to cook three to five minutes.
5. Remove the pan from the heat source and remove the lid once the broccoli to discontinue cooking.

Microwave steaming

1. Place the cut or chopped broccoli into a microwave safe dish.
2. Add one to two tablespoons of water, depending on the amount of broccoli.
3. Cover the dish tightly, either with a lid or with microwave-safe plastic wrap.
4. For two cups of broccoli, cook on high for three to five minutes.
5. Remove the lid from the dish once the broccoli is done or it will continue to cook.

Broccoli is done when it is still a little crisp, but the stalks cut easily. It should be a bright green. The best way to test broccoli for doneness is to taste it!

Broccoli Notes

How to cut broccoli:



Rinse the head of broccoli before cutting it. Pat dry with a paper towel.



Select a small, sharp knife or pair of clean kitchen scissors.



Follow the stem up from the base as it separates into smaller and smaller stems. Cut only the stems that connect to the top or bulbous floret part of the broccoli.



Cut the stems about an inch or so below where the florets start. Carefully pull away the florets at the base of the stems. Each floret piece should be about the diameter of a quarter. Cut off more stems until you get to the remaining florets, and repeat.



Peel the bottom portion of the stem with a vegetable peeler to remove the thick outer layer. Cut the stem into pieces about the size of a nickel. The stem pieces should be smaller than the floret pieces because they take longer to cook.